PHILIPPINE DAILY INQUIRER
BALANCED NEWS, FEARLESS VIEWS
Thursday, March 25, 2010 ★★ 6 sections / Vol. 25 / No. 107 P18

Ex-AFP officers, Cabinet man join party-list race

RETIRED MILITARY OFFICERS, INCLUDing a former colonel implicated in the "Hello Garci" scandal, have been named nominees of some party-list groups, according to the militant group Bagong Alyansang Makabayan (Bayan).

Alyansa Tribung Makabayan (ATM) has former Army Col. Allen A. Capuyan as its first nominee, Bayan said in a statement.

Capuyan was among those implicated by former T/Sgt. Vidal Doble in the "Hello Garci" controversy, Bayan reminded.

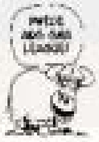
The scandal implicated President Macapagal-Arroyo and senior military

EX-MILITARY A6

Vertically challenged cagers star 6 ft. below

IN A BRIGHTLY LIT Manila gym, basketball players make daring lay-ups, desperate rebounds and even the occasional dunk—all amazing sights considering that the tallest

VERTICALLY A17



GMA allies in Cebu nix Gibo for Manny



REP. PABLO GARCIA SR.



REP. PABLO JOHN GARCIA



REP. EDUARDO GULLAS



REP. BENHUR SALIMBANGON



REP. NERISSA SOON-RUIZ

Villar gains support of Garcias, 3 other solons

By Michael Lim Ubac and Jhunnex Napallacan
Inquirer Visayas

WHILE MALACAÑANG WAS NOT looking, Nacionalista Party (NP) presidential candidate Sen. Manuel Villar has quietly gained the support of the biggest political party and the most powerful political family in vote-rich Cebu, according to well-placed party sources.

Villar met with congressmen and local officials belonging to One Cebu and the Garcia family behind closed doors at Marco Polo Hotel in Cebu City on Wednesday.

Although details of the meeting were not disclosed to local journalists, Alvin Garcia, who is seeking to regain the city's mayoral post, announced an alliance between his party, Kugi Uswag Sugbo (Progress for Cebu) or Kusug, and the NP in a press conference at the same hotel.

His position was different from that taken by his cousin, Cebu Gov. Gwendolyn "Gwen"

GMA ALLIES A6



VILLAR COUP IN CEBU NP presidential candidate Sen. Manny Villar raises the hands of former Cebu City Mayor Alvin Garcia and other Kusug party bets after the signing of their alliance at Marco Polo Hotel on Wednesday. Garcia seeks to reclaim the city's mayoralty.

No law defining 'marginalized' sector

By Kristine L. Alave

THE ABSENCE OF A LAW DEFINING A "marginalized" sector is putting the Commission on Elections (Comelec) in a legal and procedural dilemma.

Because there are no laws defining what a "marginalized" sector is, "there's the more reason we cannot pinpoint who the nominees are," Comelec Chair Jose Melo said at a media briefing yesterday.

Asked if he considered reluctant Pampanga Rep. Juan Miguel "Mikey" Arroyo's bid to become a party-list representative, Melo said the son of President Macapagal-Arroyo could stand as a nominee.

Mikey is the first nominee of the Ang Galing Pinoy (AGP), a group that claims to represent security guards in the House of Representatives.

As to the ethics of Mikey's position, "that's the call of the people," Melo said.

But limiting party-list nominees to members of marginalized groups is not wise, said Melo, a retired associate justice of the Supreme Court.

"For example, here is a group of tricycle drivers. What if their nominee is a tricycle driver and he was not able to finish school. How can he represent the interest of tricycle drivers? They should have somebody who is educated to speak for them," Melo said.

NO LAW A4

Alarmed, LP meets with Comelec execs

By Philip C. Tubeza

IS THERE A GRAND CONSPIRACY to make the May 10 elections fail and keep President Macapagal-Arroyo in power beyond her term?

A high-powered delegation from the Liberal Party (LP) yesterday trooped to the Commission on Elections (Comelec) to deliver a letter from its presidential candidate, Sen. Benigno Aquino III, and his running mate Sen. Mar Roxas.

In the letter to Comelec Chair Jose Melo, Aquino and Roxas

ALARMED A4

'Nothing wrong with House of Arroyos'

By Christian V. Esguerra and Philip C. Tubeza

THE LOWER CHAMBER IN THE next Congress may become a "House of Arroyos" if President Macapagal-Arroyo, her two sons and her in-laws run and win in the May 10 elections.

But the President's spokesperson Ricardo Saludo said there was nothing wrong with a concentration of Arroyos in the House of Representatives because other political families were similarly situated.

"It's rather unfair to single out one family," Saludo said yesterday in a press conference. "The Arroyo family, so far as we know, is not the only family that has multiple [members] in the legislature."

Saludo cited the case of a mother and her son in the Senate, apparently referring to former Sen. Loi Ejercito, the wife of ousted President Joseph Estrada, and their son Jinggoy.

As well, there are a "a brother and sister in the Senate" and "a

NOTHING A4

Mikey A's party-list affiliation questioned

OPPOSITION CANDIDATES questioned Mikey Arroyo's nomination as representative of Ang Galing Pinoy.

Makati Mayor Jejomar Binay, a vice presidential candidate, said in a statement: "How in heaven's name can Pampanga Rep. Mikey Arroyo represent the poor and dispossessed security guards?

"The plot is so clear—Mrs. Arroyo is trying to amass support in Congress by beefing up their numbers so that in case she decides to pursue Charter amendment anew, they will have the strength to make it happen."

Liberal Party (LP) standard-bearer Sen. Benigno Aquino III made a similar comment and called on the Commission on Elections to ensure that party-list groups were truly representing marginalized sectors.

"Security guards can be

MIKEY A's A8

Licad enchants at Carabao Center



FROM FAR AND NEAR Farmers, workers, teachers and students await the start of the concert by Philippine national treasure Cecile Licad and the MSO.

By Elizabeth Lolarga
Contributor

PLAYING WORLD AND FILipino classics at the Central Luzon State University (CLSU) auditorium in Muñoz, Nueva Ecija, on Tuesday, Cecile Buencamino Licad thrice brought her audience of farmers, workers, teachers, civil servants, children and music lovers to its feet.

The internationally acclaimed pianist, national treasure and adopted daughter of the Science City of Muñoz was accompanied by the Manila Symphony Orchestra (MSO) under the baton of Arturo Molina.

It was her first rural foray

LICAD A6





INQUIRER WOMEN Inquirer CEO and president Sandy Prieto-Romualdez (above) speaks on Wednesday at the MBC Success in the City forum in Makati. At left, Inquirer chair Marixi Prieto receives the Special CEO Excel Award during the MBC CEO Excel Awards Night at Unilab in Pasig City. (See story on Page A2.)

WEATHER FORECAST

Second FRONTPAGE



7	23	5	9	38	5
4	6	2	4	3	8
9	9	6	2	4	9	8

MEGALOTTO 6/45

1	10	21	30	38	42

P13,959,757.80

TOXIC IMPORTS

DOH starts testing Turkish flour

By Cynthia D. Balana

THE DEPARTMENT OF HEALTH YESTERDAY STARTED CONDUCTING laboratory tests on potentially toxic wheat flour imports from Turkey, which are being used in the making of local bread and even noodles.

Mycotoxins

Hard to trace

Smuggled

Pia Cayetano backs move to elect new Senate prexy

By Nikko Dizon

Nothing to lose

Her choice is Nene, but...

Ex-Maguindanao police chief recaptured



ADAM

DAVAO CITY—THE FUGITIVE former Maguindanao police director...

'Agaton' brings no relief from summer heat

Pinay drug 'mule' nabbed in Bangkok

PCIJ wins press freedom award

Inquirer chair conferred award in communication

RP sailor held hostage

40,000 purged from Maguindanao voter's list

'Digital signature essential' to safeguard automated polls

Big questions

Signature imbedded



New NAMRIA Administrator

Usec. Peter N. Tiangco, Ph.D. (right) takes his oath of office as the new National Mapping and Resource Information Authority (NAMRIA) Administrator before Department of Environment and Natural Resources (DENR) Secretary Horacio P. Ramos in a simple ceremony at the DENR head office on 17 March 2010. Usec. Tiangco obtained his Ph.D. in Geomatics from the University of New South Wales in Australia, his M.Sc. degree in Natural Resources Management from the Asian Institute of Technology in Thailand, and his bachelor's degree in Forestry from the University of the Philippines Los Baños. Prior to his appointment by President Gloria Macapagal-Arroyo, Administrator Tiangco served as DENR-NAMRIA deputy administrator for nine years.

'Nothing wrong with House of Arroyos'; there are other families like that

No need to campaign

Good advocates will do

No law defining 'marginalized' sector

Guidelines

Deeply flawed

187 groups

IN THE KNOW: The 'M' word

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Licad enchants at Carabao Center



FROM FAR AND NEAR. Farmers, workers, teachers and students await the start of the concert by Cecile Licad and the MSO.

[illegible]

Interruptions from the heart

[illegible]

Delivering the sound

[illegible]

Heart for rural folk

[illegible]

Elegant anywhere

[illegible]


BDO
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BDO Rewards
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We find ways


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airphil express
airphilexpress.com

GMA allies in Cebu junk Gibo for Manny

Ex-military officers, Cabinet member join party-list bandwagon

Mikey A's party-list affiliation questioned: How in heaven's name?

Alarmed, LP meets with Comelec, cites 8 reasons for poll failure

THE TRUTH BEHIND THE CHEAPER MEDICINES ACT

Senator Mar Roxas, you have passed a **WATERED DOWN VERSION** of the **ORIGINAL** Cheaper Medicines Bill filed at the 13th and 14th Congress by Representatives **Rolex Suplico** and **Ferjenel Biron** respectively.

We **DEMAND** that you **EXPLAIN** to the **FILIPINO PEOPLE** why your Cheaper Medicines Act sought to get **LESS FOR THE PEOPLE** and **MORE** for the **PHARMACEUTICAL COMPANIES.**

Cheaper Medicines Bill of the 14th Congress	Senate Bill 1658 Mar Roxas Version
• **Inclusion of 1500 essential medicines covered by the reduction of price**	• **Limited reduction coverage to only 22 essential medicines**
• **Maximum price reduction of 80-90% reduction of existing prices**	• **Limited maximum retail price reduction to only 50%**

You hail your **Cheaper Medicines Act** - but in reality **YOUR VERSION** is only for the elite, the rich and perhaps the middle class.

80% of our Filipino people are living below poverty line. Millions of Filipinos are suffering and even dying because with **YOUR** Cheaper Medicines Act, **THEY STILL CANNOT AFFORD** the high cost of essential medicines.

By your joint statement with your presidential candidate, if elected, you promise to further **LOWER** down the price of medicines. This is an **ADMISSION** that your version is flawed and watered down. Why then, did you not use the original bill?

Mr. Senator, we hold you responsible for the great tragedy that you have inflicted upon our people.

National Chairman

PMAP *People's Movement Against Poverty*

Across the NATION

More people seen leaving Mindanao

Officials link migration to drought, brownouts

BAGUIO CITY—DROUGHT EQUALS BROWNouts equals bad economy equals migration.

Government officials said the prevailing that Mindanao was suffering from drought and its effects on the island's economy was likely to trigger a new wave of migrants headed for Luzon and add pressure on its local economies.

The government has been studying the impact of the El Niño phenomenon on the Mindanao economy after noting that the drought could disrupt [illegible] farming operations there and cause the [illegible] of businesses due to the power outages, said Education Undersecretary for Muslim Affairs Manaros Boransing.

Mindanao hosts huge banana and pineapple plantations run by multinational firms Dole and Del Monte.

"With the Lanao area hurting from the low water levels of the Agus River, which supplies 70 percent of Mindanao power, we could see its impact on what little manufacturing we have [there]," he said.

Jobs for displaced

[illegible]

on the Arabic Language and Islamic Values Education (Alive) program, which recruits out-of-school Muslim youths who have settled outside Mindanao.

[illegible]

Estrada's war

[illegible]

Defiant power co-op gets more electricity

KIDAPAWAN CITY—DEFIANCE PAID OFF for North Cotabato's electric cooperative after power distribution firm National Grid Corp. of the Phils. (NGCP) relented and agreed to supply more electricity to the cooperative.

[illegible]



TOUGH WOMAN [illegible]

NEWSBRIEFS

ZAMBALES

Storm victims rally

[illegible]

ALBAY

Cash for Mayon victims

[illegible]

LAGUNA

352 gun ban arrests

[illegible]

CAVITE

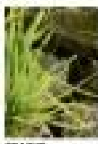
Bet held for homicide

[illegible]

NEGROS OCCIDENTAL

Drought damage: P58M

[illegible]



CRACKS appear on soil in many farms [illegible]

INQUIRER Southern Luzon

'ONDOY' UPSIDE

Why lake is still above critical level

WHILE INTENSE HEAT DUE TO THE EL NIÑO weather phenomenon may be drying up the Laguna de Bay, the lake's water level has not yet dropped to a critical reading because of too much rainwater dumped last year by Typhoons "Ondoy" and "Pepeng," according to authorities.



A secluded surf haven

BARAS, ONE OF THE POOR municipalities of the island-province of Catanduanes, is hoping that its new-found fame as a surfing destination will help in uplifting its farming economy.

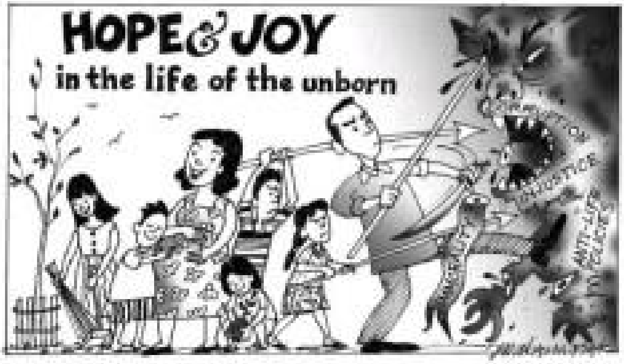
Lack of funds

INQUIRER

OPINION

Higher than supreme

EDITORIAL



Water 'black magic'

VIEWPOINT

Juan L. Mercado

Supreme

THERE'S THE RUB

Conrado de Quiros

Senate quorum after May 10 near-impossible

Political Tidbits



Belinda Olivares-Cunanan

Earth Hour: Saturday, 8:30 p.m.

Human Face



Ma. Ceres P. Doyo

The great debate

The Long View



Manuel L. Quezon III

Writing lesson

Young Blood

John Ryan Recabar

Notice to Youngblood contributors

Inadequate surveys

What '2010' is all about: crime behind great fortune

Church and democracy

Hope and fears about new senior citizens law

Pharex, Excelroof open PBL title series today



CASTRO

Alcantara gets off to big start

Capadocia upsets Russian



Elorde Memorial Awards tonight

Spotlight still centers on absent Tiger



WOODS

SPORTSWATCH

Cantada Sports unveils beach volley tilt

San Beda Alabang, CEU split MNCAA honors

Pacman still has some unfinished business?

BARE EYE





Marcelo nears second straight KF2 crown

SPORTS

Roaring Tigers rip Coffee Makers; Beermen score



Knicks score; Bobcats deal Wizards 12th straight loss



Tigresses Shakey's V-League favorite



Teen marksman stuns SEA Games champion

Vertically challenged cagers

From page A1

most on the court in the colors.

It's all part of a fledgling league in the league-crazy but sometimes vertically challenged Philippines aimed at leveling the playing field by setting height limits and removing the natural advantage of taller players.

The Below Six-Feet Basketball League (BSBL), an amateur league operating in Manila, has drawn an enthusiastic following from Filipinos lacking the height to compete in the bigger competitions.

"It represents the kind of basketball for Filipinos where they can show their talents in speed and shooting," rather than relying on height, said BSBL founder Sid Fernandez.

At the BSBL games, the players—who have to be shorter than six feet (1.83 meters)—have the enthusiasm and competitiveness to make up for their "short" stature.

One example is point guard Noel Rinualo, the most active player on his team, "the Whammies," despite being the smallest player in the league at a mere 5'2" (1.57 meters).

"This is really my specialty," said Rinualo, 28. "I can score in and out."

Tailor-made for Pinoys

Rinualo likes the competition and thinks it improves his skills as a physical education teacher and a basketball coach.

But he also admitted he enjoyed being somewhat of a star in a way that would be impossible against the tall, bulkier that normally dominate basketball games.

"I think I can get noticed here. If I joined a league without a height limit, I would not be noticed," he said.

The BSBL is tailor-made for Filipinos who have an average height of about 1.63 meters, according to Fernandez.

"We even have people who can dunk," he said excitedly as he showed a video of a collection of BSBL players defying gravity and slamming the ball into the net.

The league first began when Fernandez was organizing corporate basketball tournaments in 2005. With too many teams, he set up a separate division for those less than six feet tall.

But this division ended up becoming even more popular.

"We realized we had to separate the below-six-footer league from the corporate league," he said.

The BSBL now has 48 teams, grouped in six divisions with games almost daily.

Colonial legacy

A legacy of the Philippines' period as a US colony, basketball is a national obsession with makeshift rings visible in some places, parking lots, side streets and even in forest clearings.

The professional and top collegiate leagues are enormously popular and some of the country's top basketball stars have parlayed their hardcourt fame into careers in show business and even politics.

The Philippines even came third in the 1954 Fiba world championships and fifth in the 1936 Olympics—an unprecedented performance for an Asian country.

But while other countries improved their hardcourt skills and recruited taller ranges, Philippine basketball deteriorated amid backbiting among the country's sports leaders.

In the 2009 Fiba Asia men's championships, the Philippines placed an embarrassing eighth.

Global dreams

Fernandez hopes his new league could spark a resurgence in Filipino basketball by encouraging more people to get into the sport where they can develop their skills instead of relying on their height.

His model is NBA star Nate Robinson, who has "won three slam dunk championships despite being less than six feet tall."

Fernandez is also dreaming of expanding his league regionally and globally.

He is hoping to one day convince Fiba, the international basketball federation, to sanction similar basketball tournaments with height limits, just like the weight limits imposed in boxing.

In April, a local cable TV basketball show will start showing highlights of BSBL games, and Fernandez hopes that this will attract sponsors and eventually Fiba's attention.

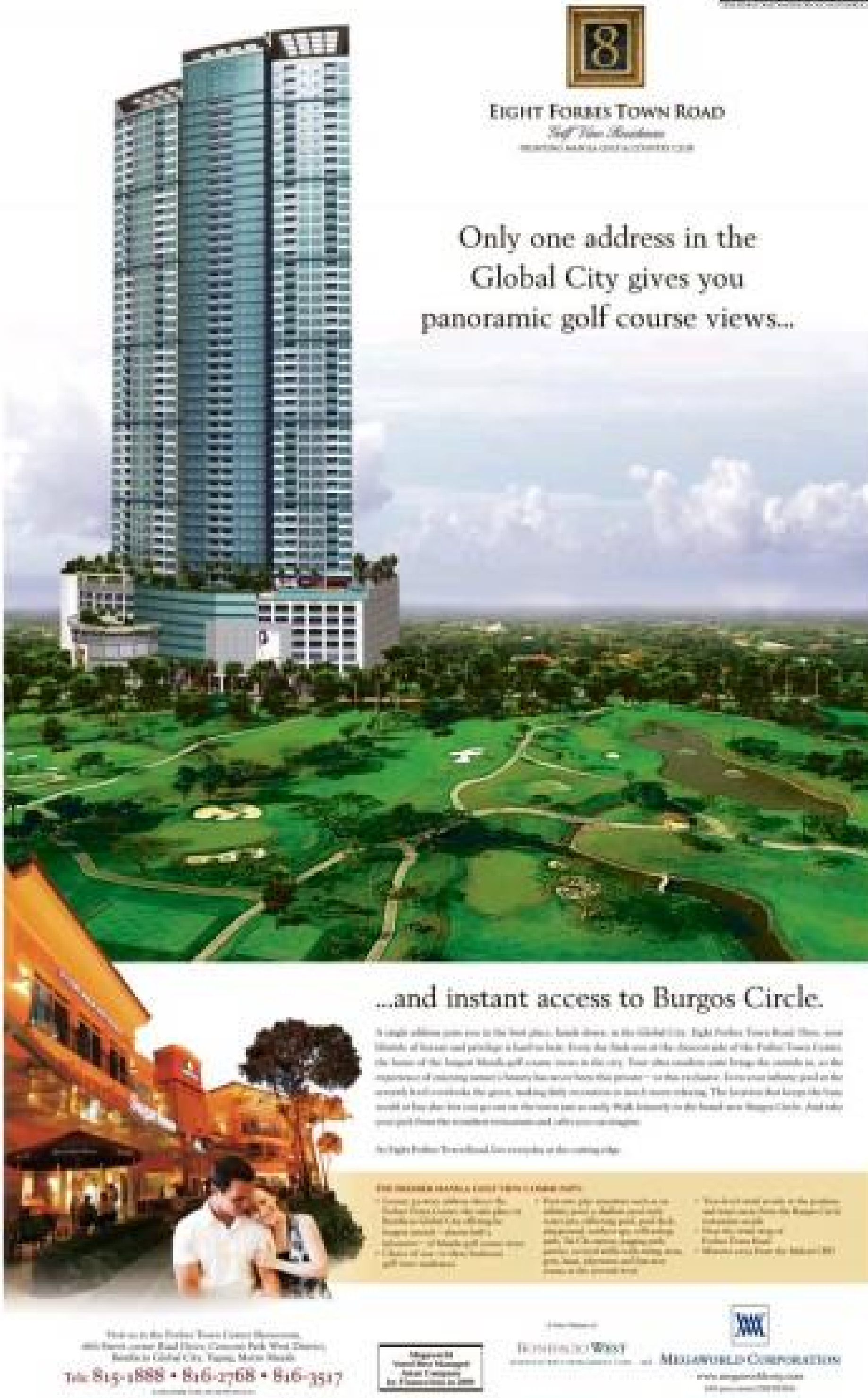
"They could create an international league. Countries like Vietnam, Singapore and Malaysia would like it too because they don't have seven-footers," he said, adding:

"It can go global. Even America has a lot of players who are below six feet in height." *AFP*



"SHORTIES" WELCOME Members of the Below Six-Feet Basketball League take a break during a game in Mandaluyong City. The BSBL allows "shorter" Filipinos to show off their talents in speed and shooting. AFP




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DID YOU KNOW

2 men nabbed for raping maid in bus

TWO EMPLOYEES OF A BUS COMPANY WERE arrested in Quezon City at dawn yesterday after a 30-year-old housemaid accused them of raping her inside the bus while it was on a roll-on, roll-off (RoRo) vessel somewhere between the waters of Batangas and Oriental Mindoro.

MMDA asks BIR to lift freeze order

No money for projects



Quezon City councilor drops out of mayoral race

Why are they afraid of Mike Velarde?

ON TARGET

Ramon Tulfo



Industry experts speak at the 25th ASSA Board Meeting

Barrameda family seeks review of DOJ decision

By Beverly T. Natividad

ASIAN HOSPITAL, INC.

METROBRIEFS

Police arrest shooter

HRET junks motion

Van catches fire on SLEx

UKiss Hits SM Supermalls

BY: MARGARITA C. SORIANO



The WORLD

Obama signs $1T new health care law



IN THIS photo taken March 21, Tibetan mastiff puppies for sale sit on a car covered by a red blanket during the annual China Tibetan Mastiff Expo on the outskirts of Beijing, China. In recent years, interest in Tibetan mastiffs has surged in China. AP

China's latest must-have: Hairy dog

"I can understand racehorses and diamonds, but I don't understand why someone would want to pay half a million dollars for a dog…"

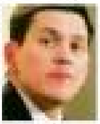
Google runs into 'Great Firewall' in China







UK expels Israel envoy over fake passports in slay


MILIBAND AP

LONDON—BRITAIN has taken the extraordinary step of expelling an Israeli diplomat for the first time in more than 20 years, after concluding there was compelling evidence that Israel was responsible for the use of forged British passports in the plot to kill a senior Hamas operative in Dubai.

British Foreign Secretary David Miliband said on Tuesday that trust between the two countries had been badly dented, demanded formal assurances it never happen again and—in an unusual step—issued travel advice to UK citizens warning that their identity details may be at risk if they visit Israel.

Miliband told the House of Commons that the expelled diplomat, who has not been named, was removed following an investigation into the use of 12 fake UK passports in the Jan. 20 killing in Dubai.

"We have concluded that there are compelling reasons to believe that Israel was responsible for the misuse of the British passports," Miliband said.

Britain's Serious and Organized Crime Agency found the forged British passports were copies of authentic documents handed to Israeli officials for inspection either in Israel or other countries, Miliband said. He said the fakes were high-quality and almost certainly "made by a state intelligence service."

"The actions in this case are completely unacceptable and they must stop," Miliband said.

However, Miliband insisted Britain has drawn no conclusions over who is responsible for the killing of Hamas official Mahmoud al-Mabhouh, saying investigation by Dubai authorities was continuing.

Dubai authorities accuse Israel's Mossad of carrying out al-Mabhouh's killing in a luxury hotel room, and have identified at least 26 suspects in an alleged hit squad—members of which used forged European and Australian passports.

Interpol has a wanted list of 27 people in connection with the slaying. AP

IN THIS ISSUE
RCBC to issue P5B worth of deposit instruments /B2

BUSINESS

IN THIS ISSUE
San Miguel shelves plan to convert Limay power plant /B3

Local stocks surge to 2-year high

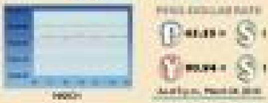
Low interest rates, Wall Street rally fuel buying



LOCAL STOCKS YESTERDAY RALLIED TO A TWO-year high as an upbeat global investor sentiment and a string of favorable domestic news fueled a broad-based buying of equities.

Appellate court stops auction of 3G license

CURRENCIES



STOCK MARKET

Peso seen rising to 43.50 to $1

RCBC to issue P5B worth of deposit instruments

Alternative investment option

Eton's new condo seen posting P2B in sales

SPC Cebu power plant seen completed by Feb.

3rd ALI Homestarter Bonds offer starts

Western Union to add 40,000 sites in '10

Local stocks surge to 2-year high

Peso seen rising to 43.50 to $1

Philippine Stock Exchange

Currencies

San Miguel shelves plan to convert Limay power plant

Facility to augment tight supply until May

By Amy R. Remo

DIVERSIFIED CONGLOMERATE San Miguel Corp. has shelved plans to convert the 620-megawatt Limay combined cycle power plant into a compressed natural gas-fired facility as it stressed its importance in addressing temporary power shortages.

"The Limay facility gives the interconnected power dwellings in Luzon, is here to be left alone, just in case an emergency comes up in the future. We can run the facility temporarily," said San Miguel president Ramon S. Ang.

The Limay power plant, which has been derated to 540 MW, is running as a must-run unit (MRU) and has helped ease the power supply shortfall in the Luzon grid early this quarter.

According to Ang, the company expected the Limay facility to continue running until May this year. When the rainy season sets in, he said it would stop operating since there would be an oversupply of electricity by then.

An MRU refers to a power generation facility that is deemed necessary during certain operating conditions as this helps secure the country's supply. The company will, in turn, receive additional compensation for being designated as an MRU.

Ang said the company would no longer invest in the facility in a bid to improve its efficiency or to convert it to run on compressed natural gas (CNG) or liquefied natural gas (LNG) instead of diesel, as earlier planned.







CCAC finds cool partner in ePLDT

IT'S ALL IN THE STRING



Topnotchers' bar review program launched

BUSINESS

Businesses see rosy 2nd quarter

IPP retains focus on job creation

Higher sales, profits expected in months ahead

By Abigail L. Ho

Banks report rise in capital adequacy

Shipping prospects seen brighter in 2010

BIR in talks with BSP to settle tax issue

RP puts $3.7B into Chiang Mai fund

Building material prices decline

LIFESTYLE Food

Jude Law in chef's uniform



WESTELIUS—"Chef Dog" to friends and students

Swedish chef Michael Westelius teaches at First Gourmet Academy, where students idolize him for his looks as much as for his culinary experience

AT FIRST GLANCE, HE LOOKS like Jude Law in a chef's jacket. His teasing green eyes and sheepish smile can easily melt anyone's heart. He's also Joaquin Phoenix to others, but for most of his students at First Gourmet Academy, chef-instructor Michael Westelius is simply "Chef Dog."

[illegible]

JUDE LAW C2

Jude Law in chef's uniform



ROULADE of Lamb and Cabbage with Onion Crème, French Beans and Mushrooms





DUCK Chorizo with Spiced Carrot Puree, Crispy Skin and Orange Pickles

Hyped

French cuisine

Roulade of Lamb and Cabbage with Onion Crème, French Beans and Mushrooms

Onion crème

Duck Chorizo with Spiced Carrot Puree, Crispy Skin and Orange Pickles

Vegetarian cooking demo



SALMON Carpaccio

Italian resto's new dishes

The 'originals' that serve our favorite Pinoy food

THE QUIET DINER

RESTO AT A GLANCE

RATING INDEX

Poor

Good

Excellent

You can never go wrong with Milky Way and Via Mare, institutions in the resto scene

DINING OUT



Tender beef belly

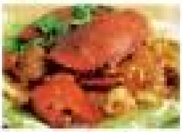
Cafeccino's Beef Belly is a tender and flavorful slow-roasted US beef seasoned with herbs and spices. The dish is served with baby potatoes, salad, rice and vegetables. Cafeccino by Dome is located at G/F, Eastwood Mall, Promenade. Call 4702133.

Easter brunch

Dusit Thani Manila will hold Family Sunday Crossover Brunch, 11:30 a.m.-3 p.m., on Easter Sunday. Dishes, desserts, sparkling wine, Japanese green tea, pandan or lemongrass juice and iced local tea will be offered at Umu Japanese Restaurant, Tosca Italian Restaurant, Benjarong Royal Thai Restaurant and Basix.

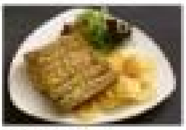
Buffalo chicken wings

Burgoo is giving away free Supreme Sampler (a combination of Burgoo's appetizers such as Buffalo Chicken Wings, Sta. Fe Spring Rolls, Onion Rings and Mozzarella Sticks) for a group of five graduates and above. Burgoo is located at T. Morato in Quezon City, Powerplant Mall in Rockwell, Makati, The Podium in Ortigas, The Promenade Mall in Greenhills, Gateway Mall in Araneta Center, Cubao, Robinsons Galleria in Ortigas, SM City The Block in North Edsa, Mall of Asia in Pasay, and SM City Marikina. Call 8277424, 8984818, 5875264, 7263070, 9156112, 5560097, or 9338058.



Singaporean 'laksa'

Seafood Festival is ongoing until April 3, for lunch/dinner buffet at Riviera Café of the Heritage Hotel. Featured dishes are Singaporean Laksa, Singaporean black pepper crabs and chili crabs, seafood thermidor, seafood moriyan, black squid ink pasta, fish head curry, baked mussels, seafood paella, crème brulee, pastries, mango crepe, mango ice box, tiramisu, brownies, Asian rice cakes, ice cream and halo-halo. Call 8548888.



Six-cereal bread

The French Baker offers Six-Cereal Bread, a savory tuna salad, paired with light salad and crunchy delicious potato chips. The French Baker's new "La Boulangerie" concept stores are at SM North Edsa Annex, SM North Edsa Main, SM Megamall G/F, SM Megamall 3/F, SM Cebu, SM Manila, SM Pampanga, Landmark Bridgeway, SM Mall of Asia, SM Clark, Tiendesitas, SM Baguio, Robinsons Ermita, SM Marikina and Alabang Town Center.



Croquettes

Gumbo gives Ham and Cheese Croquettes, which is good for five persons and above. Gumbo is located at the 3/L, Entertainment Hall, SM Mall of Asia in Pasay; 3/L, Robinsons Manila, Midtown; 2/L, SM City The Block, North Edsa; and at the 2/L, Atrium Bldg. in SM Megamall. Call 5565738, 4420100 and 9271965.

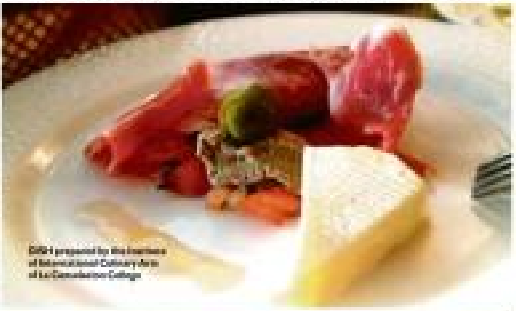
Culinary school introduces molecular gastronomy

THE INSTITUTE OF INTERNATIONal Culinary Arts (IICA) of the La Consolacion College in Manila has developed a program that promises to turn everyday ingredients into extraordinary dishes.

Called Molecular Gastronomy, the new program seeks to explain the chemical reasons for the transformation of ingredients, as well as the social, artistic and technical components of culinary and gastronomic phenomena in general.

"What Molecular Gastronomy tries to address is on imply interdisciplinary. Its goal is to debunk the mystery of the physical and chemical processes that occur in cooking, thereby enabling cooks to improve their own skills in the kitchen," explains chef Jeremy Malvargo, culinary arts instructor of IICA.

Malvargo added that their program investigates new avenues in the field of cooking, such as how to do production methods affect the flavor and texture of ingredients.



DISH prepared by the Institute of International Culinary Arts of La Consolacion College

Stuffed grilled squid with 'sinamak'

PDI LIFESTYLE KITCHEN-TESTED RECIPE



D.I.Y. DO-IT-YOURSELF

By Norma Chikiamco
Contributor

THE DRINK was the first pleasant surprise. Nicknamed LGB, it was made with lubilubi, guyabano and pineapple—and was as refreshing as a cool summer breeze. It was a great introduction to the food of Davao, a buffet of which is available at Hotel InterContinental's Café Jeepney until March 28.

Indeed, the Davao cuisine was quite a revelation to our press group. There was, for instance, the salad made with lubi-lubi, a kind of weed that grows wildly in Davao. Combined with tomatoes and seasoned with a little vinegar, it had a crunchy texture and a semi-salty flavor.

Davao food authority Buddy Lacanan, who, with cake specialist Evelina "Baebee" Macaraya, worked with the restaurant's team to prepare the menu, was also justly proud of the soup called linopy. Its broth flavored with ginger, lemongrass and onions was enriched with slices of ... called tuna that had been previously marinated in ginger before being fried. Kinilaw, a Visayan version of kilawin, as well as slices of ..., further enhanced the flavor of the soup.

The fruit-based desserts developed by Lacanan and Macaraya were likewise big hits. ... cakes flavored with ..., durian and mangosteen. Not only were they novelties, they were also creamy and delicious.

Here's an easy recipe for one of the dishes prepared by Lacanan for the festival: grilled squid with spicy vinegar dip.

(The buffet of Davao cuisine is available at Hotel InterContinental's Café Jeepney for lunch and dinner until March 28. For reservations, call 7937000.)

Tips

- If the squid you're using is very large, you may need to add more tomatoes, onions and ginger to the stuffing.
- Use the proportion of the ingredients for the dip only as a guide. You can add more or use less of any of the ingredients, according to your personal taste.
- If the sinamak vinegar to be used is already very spicy, you may omit the siling labuyo and siling haba.
- To make the dip less spicy, mix in about ¼ c water.

PORLUZ Ib spicy sinamak (vinegar dip) goes easy on siling labuyo.

Stuffed Grilled Squid with Sinamak

1 k large whole squid
Salt and pepper
2-3 large tomatoes, finely diced
1-2 large onions, finely diced
½ inch ginger root, finely diced
Cooking oil
For the sinamak dip:
½ c sinamak vinegar or sukang tuba
1/3 c soy sauce
3-4 cloves garlic, crushed
1 small onion, finely diced
½ inch ginger root, finely diced
1 siling labuyo
1 siling haba
1 bay leaf
Peppercorns, to taste

Clean squid well, removing ink and hard plastic-like bone. Do not cut the squid. Season with salt and pepper.

In a bowl, combine tomatoes, onions and ginger root and season with salt and pepper. Stuff the squid with tomato mixture. If desired, skewer squid on a barbecue stick or wrap in aluminum foil.

Brush grill with cooking oil then heat to medium. Grill squid until fully cooked, about one to three minutes per side (depending on the thickness and size of the squid).

Slice the squid horizontally at regular intervals before serving (see photo). Serve with the dip.

To make the dip:

In a bowl, combine vinegar and soy sauce, then add garlic, onions, ginger root, siling labuyo, siling haba, bay leaf and peppercorns. Remove the bay leaf before serving.

Guilt-free snack

WORD OF MOUTH



Sandy Daza

ONE OF THE LARGEST BUSINESSES around is one that deals with diets. I have been a sucker for diets for years. I've tried Atkins, cabbage, Shredder, after 6, all-fruits and a lot of others.

Right now, I am on a no-dinner diet. I have not always been successful but find that my tummy seems lighter in the mornings when I succeed. I laugh at myself many times for failing. Let me share how it happens and the temptations I go through before I go to the solace of my bed, where I finally feel safe from temptation.

To not dinner is the best meal. That in itself is already a challenge. I play badminton almost everyday in the afternoons. After freshening up, I always go home or to a Chef Ben's restaurant. Fine, where, for sure, I will fall in my diet.

I am one of his partners ... new dishes and I love it. I live near Ortigas and play at Valle Verde Country Club. If I am to make a home "safely," I have to pass up many food temptations.

I pass by Rowbert (which just opened a branch along White Plains), Danny's, Banapple, Gateau De Manille and Carol's House Empanada, Kiss Chili and Whaam Burger, both of which have great burgers.

And just when I am supposed to have made it to our village entrance, there is a tollbooth that I have to pass through. When I fail, I get a froth latte at ... from Starbucks. At Whaam, I get a blue cheese burger. At Carol's, a chicken empanada and Jollibee, one Whaam or, I'm embarrassed to admit, a delicious Champ. Or, at Joy!

After thinking about my failures, I have come to the conclusion that I might as well prepare for those failures and load up on something not so fattening but good.

The result? At the moment, it's chicken empanada! But whole one? Well, I've come across a new one.

A few years ago, a close friend, Jenny Ongpauco of Barrio Fiesta fame, gave us her Christmas gift. It was Chicken Empanada made by Jenny's Kitchen.

My gosh, I wanted to ask for another box. You can tell that a lot of care and love was put into these treasures. Comparing it to others in the market in terms of appearance above, the crusts are on top.

These empanadas, you will see, use quality ingredients and will surely leave you satisfied. You will see chunks of chicken and mushroom coated with a nice buttery cream sauce. As a snack to tide you over, it is guilt-free and a bit healthy—unless you eat four or more, which I have done a few times.

These empanadas are made to order, so ... the soon-to-be ... palates. I love them. ... also bakes a moist dark chocolate cake. ... I have something to look forward to and a reason to ignore all those other places that used to tempt me on my drive home, like passing through a gantlet.

My dad, who is also a chicken empanada lover, will definitely enjoy these treats. Whenever I find a healthy snack, he serves, in turn, as my guinea pig.

For people like you and me who love to eat, it is simply torture to diet knowing that all these goodies surround us. Maybe, subconsciously, I don't really want to.

Happy eating!

Jenny Ongpauco's empanadas: call 9207282, 0927-2581999

> Chicken empanada is responsible for my (joyful) inability to stick to my diet

LIFESTYLE Food

Bread, bitter herbs, wine for the Passover feast

KITCHEN RESCUE

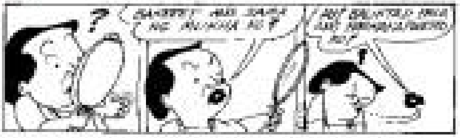


Reggie Aspiras

GARFIELD



A. LUPIN

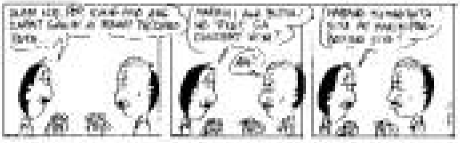


PUGAD BABOY



DICK TRACY

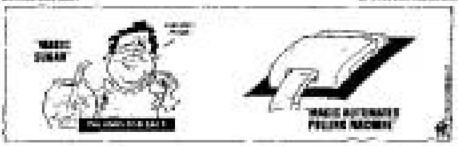




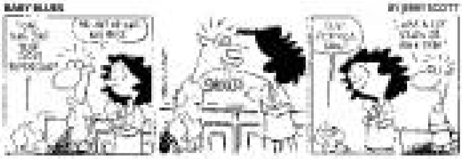
JAMES BOND



DIVINE COMEDY



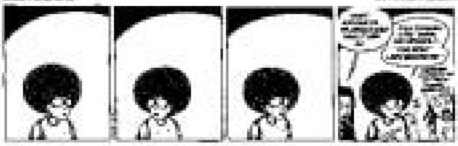
BABY BLUES







KIKO MACHINE



SHERMAN'S LAGOON



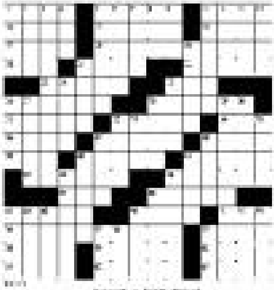
CONCEPTIS SU DOKU

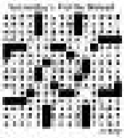
Conceptis Sudoku

HOW TO PLAY SU DOKU

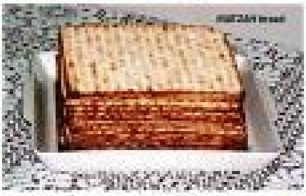
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CROSSWORD PUZZLE






PASSOVER plate


MATZAH bread


SEDER Haggadah (Hand-covered)

Bread, bitter herbs, wine for the Passover feast

From page D1

Preparation for Pesach and Seder

Search for chametz of leaven, the prohibition of food for Pesach. This includes anything that contains leaven or that might ferment, conducted in the evening before the first Seder. With a candle, the chametz is swept to a spoon with the feather and put into a bag, which is burned the following day.

Table setting: Seder is eaten on the eve of the first day of the Passover.

Seder dish/plate: A Seder plate arranged with symbolic food is provided: lamb shank bone, a reminder of the Passover offering; roasted hard boiled egg, symbol of grief for the destruction of the temple; bitter herbs (maror) such as horseradish, symbolizing the bitterness of the Egyptian bondage; charoset—a mixture of apples, almonds, cinnamon and ginger, representing the mortar to make bricks used by the Israelites under Egyptian bondage; vegetable (karpas) parsley or similar herb, symbolizing the bitterness of slavery in Egypt; and salt water to symbolize the slaves' tears. Preparation of the food must comply with Jewish dietary laws (kosher).

The matzah (unleavened bread) plate requires three whole matzas covered with cloth or inserted in a matzah cover. Matzah is symbolic of the Exodus experience, when the Israelites had to cross the Red Sea to escape from the Pharaoh's armies; thus, they had no time to let their bread rise. During the seven-day feast, no leavened bread is allowed.

There must be wine and a special cup for Elijah. Candles, basin, pitcher and towel (if hand washing is to be done at the table) should be set as well.

The Seder follows a certain order as instructed in the Passover Haggadah (ritual manual and prayer book) and is divided into 15 stages:

1. Sanctification (Kaddesh)—A blessing is recited over the first cup of wine (the first of four to be consumed during the Seder) in honor of the feast.

2. Washing (Urchatz)—Washing of the hands without a blessing.

3. Vegetable (Karpas)—A vegetable, usually parsley, is dipped in salt water and eaten.

4. Breaking (Yachatz)—One of the three matzot is broken and set aside for the afikomen.

5. Story—The story of the Passover is told. After this, the second cup of wine is blessed and drunk.

6. Washing (Rach'tzah)—Hands washed with a blessing in preparation for the matzah eating.

7. Blessing (Motzi) over bread (matzah).

8. Matzah is blessed and a piece of it is eaten.

9. Bitter herbs (Maror)—Blessing of the bitter herbs, usually horseradish dipped in sweet charoset, commemorating of the bitterness of slavery.

10. Sandwich (Korech)—made with matzah and charoset eaten in honor of Hillel, a Jewish first-century rabbi who was a contemporary of Jesus.

11. Dinner (Shulchan Orech)—A delicious festive meal of practically anything the family fancies.

12. Afikoman (Tzafun)—The matzah, set aside, is eaten as dessert. To keep the children awake, parents hide the matzah for the children to find.

13. Grace after meals (Barech)—Third cup of wine is poured, a blessing said, the wine is consumed. A cup is poured and set for Elijah, and the door is opened for a short while according to ancient Jewish belief. Elijah is expected to come before the Messiah so the door is left open for him to come in.

14. Hallel (Praise)—Psalms 113-118, recited to conclude the meal.

15. Closing (Nirtzah)—A simple statement that Seder has been completed. A wish that the following Passover will be celebrated in Jerusalem is also made. Songs and hymns follow.

(Sources: "A Passover Haggadah," Pesach 5768, "Passover Wishes and Seder" by Leo Rosten, "Let Us Rejoice," Sister Marianne Dunn)


SISTER Helen Graham

Charoset

6 apples, peeled, cored and chopped
1 c finely chopped walnuts
¾ tsp ground cinnamon
1 tsp white sugar
2 ½ teaspoons honey
1 ½ cup sweet red wine

Combine apples, walnuts, cinnamon and sugar in a bowl. Stir in honey and sweet wine. Serve with horseradish or matzah.

I would like to thank the Embassy of Israel's Deputy Chief of Mission, Mr. Tzuri Barnash, for providing the Charoset recipe and the photos of the matzah and Seder plate.

Is Filipino food making headway?

COUNTRY COOKING



Micky Fenix







Pinoy dishes served by MariaVikay



Entertainment





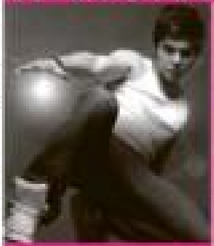
Pinoy named Asian hotshot

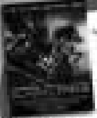
Best and brightest

Right decision

Justin arrives today for gig

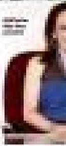
Fundraiser



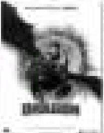




MOVIEWORLD



Movie Treat







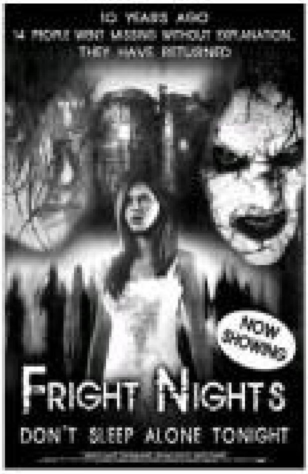


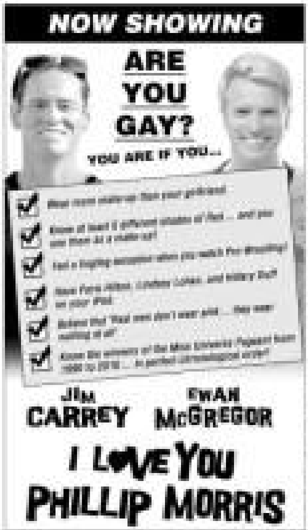




CHEER FACTOR







Quiet time routine

BACK STORY

Lara Katbergr



A few good books

The Internet

Video games

Needlework

A good walk







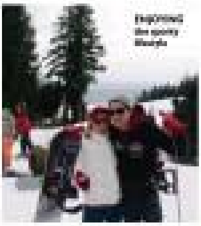




LARA Quigaman and Marco Alcaraz

'Missing' Kapuso talent in Canada with beauty queen

By Bayani San Diego Jr.



ENJOYING the sporty lifestyle